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# THE RITUAL OF EGG CLEANSING

To Cleanse Negative Energies from Body and Soul

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EGG CLEANSING IS A POWERFUL SHAMANIC RITUAL DEEPLY ROOTED IN TRADITION. HERE'S A STEP-BY-STEP GUIDE:

## MATERIALS NEEDED:

One Egg  
A clean glass of water

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### STEPS:

Begin with a clear mind and a calm environment. It's essential to approach the ritual with respect and a positive intention.

Choose a fresh, unbroken egg. The egg acts as a vessel to absorb negative energies.

Before starting, focus on your intention for the cleansing. Whether it's for general wellbeing or to address a specific issue, your intention is key.

Start by holding the egg in your hands. Gently roll the egg over your body, beginning at the head and moving downwards. Focus on areas that need more attention. As you do this, visualize the egg absorbing negative energies from your body

After completing an egg cleansing ritual, interpreting the egg's condition is crucial. This process gives insights into the absorbed energies and guides further spiritual work.

After rolling the egg over your body, carefully crack it open into a glass of water. Pay attention to how the egg appears. The yolk and the whites can reveal a lot about the energies absorbed.

Look for unusual patterns or shapes. Cloudiness or discoloration may indicate negative energy absorption. The presence of bubbles or strands might suggest specific types of energy or emotional states.

The egg's appearance can guide your next steps in spiritual or emotional healing. For instance, a murky appearance could suggest the need for further cleansing or protection rituals.

Consider how the egg's appearance aligns with your current emotional or spiritual state. This reflection can offer personal insights and guide you towards areas in your life that may need attention or healing.

After completing an egg cleansing ritual, proper disposal of the egg is a crucial step in the healing process. The traditional method for disposing of the egg involves burying it in the ground. This act symbolizes returning the absorbed negative energies to the earth, where they can be neutralized and transformed. Choose a spot away from your living area to bury the egg. It's important to handle the egg with respect during disposal.

Remember, it now contains the negative energies you've cleansed from your body. Handle it carefully to avoid breaking it before burial.

After burying the egg, some traditions recommend saying a prayer or performing a small ritual to complete the process. This can include thanking the egg for its role in your healing and asking for continued protection and cleansing.